AMENDMENTS TO THE CLAIMS

Claims 1-6 (Canceled)

7.   (Currently Amended)   An optical information recording medium ~~having~~ comprising:

a land/groove structure having a land and a groove ~~and being capable of recording~~in which information is recorded in tracks on both the land and the groove, and the recording can be performed at a plurality of linear velocities~~:~~;

wherein the ratio ~~(SH/SL)~~ of the maximum recordable linear speed ~~(SH)~~ to the minimum recordable linear speed ~~(SL)~~ has a value of 2 to 3; ~~and~~

the ratio ~~(RG/RL)~~ of the amount of light reflected from a groove ~~(RG)~~ in an unrecorded state to the amount of light reflected from a land ~~(RL)~~ in an unrecorded state has a value of at least 1.08 and no more than 1.19;

the recording or reproduction of information is performed by utilizing a phase change in the land/groove structure,

the ratio ~~(WG/TP)~~ of the groove half-value width ~~(WG)~~ to the track pitch ~~(TP)~~ is less than about 0.5 and greater than about 0.6; and

the depth of the groove is from 40 to 65 nm

8.   (Currently Amended) The optical information recording medium according to Claim 7, wherein the amount of light reflected from the groove ~~(RG)~~ and the amount of light reflected from the land ~~(RL)~~ are measured by optical units in which the light source has a wavelength of 660 ±10 nm and a numerical aperture ~~(NA)~~ of 0.6 ±0.01.

9. - 11. (Canceled)

12.   (Currently Amended) An optical information recording ~~and reproduction system~~ ~~for recording to and reproducing from the optical information recording~~ medium according to Claim 7,~~:~~ wherein the optical information recording medium is ~~being~~ capable of recording at a

6

plurality of linear velocities; and

comprising comprises optical units in which the light source has a wavelength of 660 ±10 nm and a numerical aperture (NA) of 0.6 ±0.01; and

wherein recording and reproduction are possible when the ratio (SH/SL) of the maximum recordable linear speed (SH) to the minimum linear speed (SL) has a value of 2 to 3.